

i)TLS WEIGHT
MANAGEMENT
SOLUTION

RAPID RESULTS
RECIPES

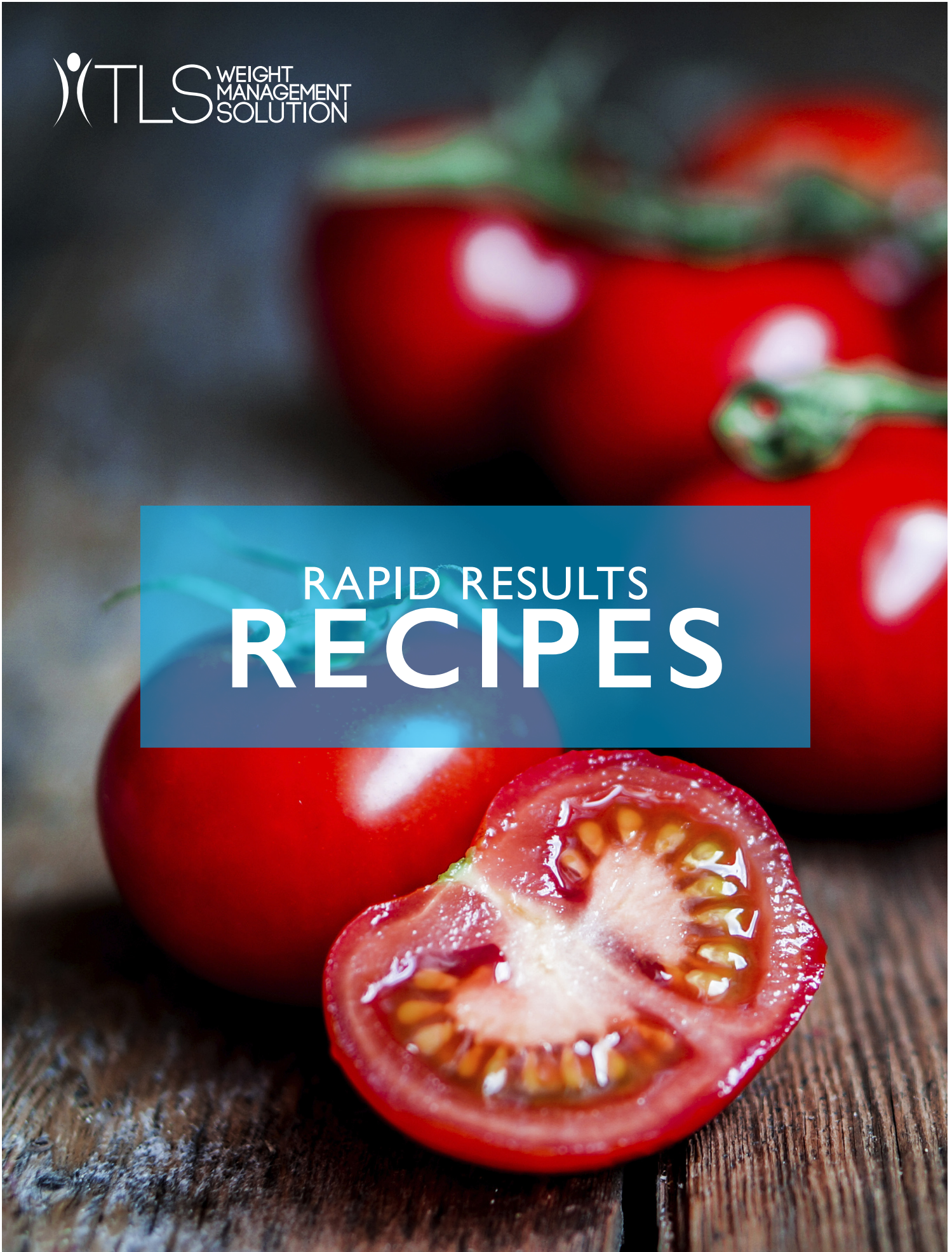


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Almond Broccoli Stir-Fry

(Detox, RR, FS, SS, CC, 21)

Serves 6

2 tsp lemon
10 cups broccoli florets
2 gloves garlic
½ tsp ground ginger
½ cup slivered almonds, toasted (omit for programs that are nut-free)
½ tsp sugar
⅛ cup low-sodium soy sauce
2 TBSP olive oil

In a nonstick skillet, stir-fry broccoli in oil for 2 minutes or until crisp-tender. Add garlic; stir fry for 1 minute. Stir in soy sauce, sugar and ginger and cook 1-2 minutes or until sugar is dissolved. Sprinkle with lemon juice and almonds.

Artichokes and Green Beans

(FS, RR, SS, CC, 21)

Serves 5

6 cups fresh green beans
1 TBSP extra virgin olive oil
⅔ cup finely chopped onion
1 clove garlic
2 cups canned artichoke hearts – rinsed, drained and quartered
¼ TBSP salt
⅛ tsp black pepper
¼ parmesan cheese – shredded (omit for Detox or FS)

Place beans in a steamer basket. Place in saucepan over 1 inch water; bring to a boil. Cover and steam for 6-8 minutes or until crisp tender. Remove from heat and set aside. In a non-stick skillet, sauté onion and garlic in oil until tender. Add artichokes, salt, pepper and beans. Cook and stir over low heat until heated through.

Asian Chicken Lettuce Wraps

(RR, SS)

Serves 3

4 TBSP flax seed
2 cup broccoli slaw
4 TBSP sesame light dressing
6 leaves romaine or Boston lettuce
1 ½ chicken breasts

Combine broccolli slaw, dressing and flax seeds in a bowl. Grill chicken, slice and then combine with broccolli slaw. Refrigerate overnight. Place on lettuce leaves.

Asparagus and Corn Omelet

(RR, SS, CC)

Serves 4

1 TBSP extra virgin olive oil
1 bunch (6 cups) stalk asparagus
½ cup fresh corn kernels
1 TBSP fresh parsley
Salt and pepper to taste
4 whole eggs
2 TBSP parmesan cheese, finely grated
2 slices whole grain bread (omit for grain free programs)
1 avocado

Heat 2 tsp of the oil in a small non-stick frying pan over medium-high heat. Add the asparagus and corn and cook 2-3 minutes or until vegetables are just tender. Remove to a bowl, stir in parsley and season well. Use a fork to whisk the eggs with 2 TBSP water. Heat 1 tsp of the remaining oil in the frying pan over medium heat. Pour in half of the egg mixture and cook for 3 minutes, or until almost set, using a fork to pull the cooked egg away from the edges and allow the uncooked egg to run to the edges. Sprinkle half the asparagus and corn mixture and half the parmesan cheese over half of the omelet and fold over to enclose. Loft out and carefully set aside. Repeat with the remaining egg and filling. Spread each toast with avocado and serve with omelet.

Asparagus and Walnuts

(RR, SS, CC)

Serves 4

1 bunch asparagus
2 TBSP extra virgin olive oil
1 dash salt to taste
½ cup chopped coarsely walnuts

Preheat oven to 400 degrees. Arrange asparagus in a single layer in a shallow baking dish. Drizzle olive oil over asparagus and roll the spears to coat well. Sprinkle with salt. Roast in oven for 7-14 minutes depending on the thickness of the spears. When done, the asparagus should be crisp. Remove asparagus and walnuts from oven. Sprinkle with gorgonzola cheese and roasted walnuts. Serve at room temperature for best flavour.

Asparagus with Blue Cheese Sauce

(RR, SS, CC)

Serves 2

1 cup asparagus
¼ cup crumbled blue cheese
44 ml low-fat evaporated milk
Dash salt
¼ cup fat-free cream cheese

In a small saucepan, cook asparagus in a small amount of water until crisp tender. Meanwhile, in another saucepan, whisk cream cheese, milk and salt over low heat until smooth. Stir in blue cheese and heat through. Drain asparagus and top with sauce.

Avocado and Grape Tomato Guacamole

(FS, RR, SS, CC, 21)

Serves 2-4

1 lemon
1 cup avocado, cubed
1 cup chopped onion
1 jalapeno pepper, diced
1 garlic clove, diced
½ cup cherry tomatoes
¼ cup cilantro leaves, diced
Dash salt

Squeeze lemon in medium bowl. Remove avocado pit and dice. Peel off the skin. Add avocado to lemon juice and mash, leaving some of the avocado in small cubed chunks. Add tomatoes, onion, garlic, cilantro and jalapeno pepper to mixture. Cover with plastic wrap, pressing the cover of the plastic wrap onto the surface of the guacamole. Chill for a few hours before serving; can also be served immediately.

Baby Bok Choy with Garlic

(RR, SS, CC)

Serves 4

Salt and pepper to taste
2 TBSP vegetable oil/olive oil
3 cups low-sodium vegetable broth
8 cups bok choy (Chinese cabbage)
4 cloves minced garlic

Melt butter in a saucepan over medium heat; cook and stir garlic until very lightly browned, about 5 minutes. Pour in chicken broth, add the baby bok choy and bring to a boil. Reduce heat to a simmer and cook until bok choy are tender, about 6 minutes. Season to taste with salt and pepper.

Beef and Vegetable Kebabs

(RR, SS, CC)

Serves 4

1 tsp dried basil
1 tsp garlic powder
1 tsp dried thyme
1 lb sirloin beef
1 TBSP extra virgin olive oil
¼ medium red onions
1 ½ cups mushrooms, stems removed
1 green capsicum, sliced into 2-inch pieces
1 red capsicum, sliced into 2-inch pieces

Marinate meat with basil, garlic powder, and thyme for 30 minutes. Heat grill and skewer alternating portions of meat and vegetables. Brush with olive oil and grill 6-8 minutes.

Beef Stew

(RR, SS, CC)

Serves 8

700 gram beef stew meat, lean cut
1½ cup beef broth
¾ TBSP black pepper
1 TBSP bay leaves, crumbled
1 TBSP thyme
1 TBSP rosemary
¾ cup red cooking wine
1 TBSP tomato paste
2 TBSP extra virgin olive oil
½ TBSP parsley
3 gloved garlic, minced
½ medium onion, chopped

Heat oil in large pot; add beef and cook until browned. Remove beef from pan and save drippings. Add white onions and garlic to beef drippings and sauté until onions become brown. Add tomato paste and cook, stirring constantly, for 1 minute. Add broth and bring to a boil; return beef to pot. Add thyme, crushed tomatoes, rosemary, bay leaf and any low-GI vegetables that you'd like (carrots, capsicum, broccoli, etc.). Bring to a simmer and cook 1 hour or until vegetables are tender. Remove bay leaf and add salt and pepper.

Black Bean, Steak and Avocado Salad

(RR, SS, CC)

Serves 1

1 tsp extra virgin olive oil
¼ avocado
Salt and pepper to taste
115 gram sirloin
¼ cup black beans, drained
¼ cup yellow corn
2 cups mixed salad greens
¼ tsp crushed red pepper

Sauté red pepper and oil in a skillet for 1 minute. Add steak and cook for 5 minutes on medium heat. Add beans and sauté for 3 minutes. Toss with mixed salad greens, avocado and corn.

Blueberry Creamsicle Shake

(Detox, FS, RR, SS, CC, 21 - phase 2 only)

Serves 1

2 scoops TLS Nutrition Shake – Vanilla
1 cup blueberries
1 cup unsweetened almond or rice milk

Blend all with ice until creamy.

Blueberry Cheesecake

(RR, SS, CC)

Serves 4

- ¼ cup pecans, chopped
- ¼ cup almonds, chopped
- 1 TBSP orange rind
- ¾ cup blueberries
- 1 cup part-skim ricotta cheese
- ½ oz. pure honey
- ¾ cup strawberries

Line 4 cupcake tin cups with plastic wrap. Place ricotta, honey and orange rind in a bowl and mash with a fork. Combine ⅔ of the blueberries with the ricotta mixture and divide between muffin tins. Firmly press in and smooth the surface. Sprinkle nuts on top. Smooth out with the back of a spoon and press the nuts into the mixture. Refrigerate 1 hour to form and chill. To serve, invert onto a plate and peel away plastic wrap. Top each cake with a sliced strawberry and serve with remaining blueberries.

Caribbean Shrimp

(Detox, FS, RR, SS, CC, 21)

Serves 4

- 450 grams shrimp
- ¼ cup freshly squeezed grapefruit juice
- 2 TBSP lime zest
- 1 ½ tsp lime juice
- 1 garlic clove
- ¼ tsp salt

Mix all ingredients together. Cover and refrigerate for at least 2 hours. Cook shrimp as desired – broil, bake, or sauté.

Cauliflower Spanish “Rice”

(Detox, FS, RR, SS, CC, 21)

Serves 4

- 1 cauliflower head, grated to the texture of rice
- 2 garlic cloves, chopped
- 1 medium green capsicum
- 1 medium red capsicum
- 3 celery stalks
- 2 large carrots
- 3 cups low-sodium vegetable broth
- 2 TBSP extra virgin olive oil
- 1 medium tomato, diced
- 2 tsp cumin

Heat oil in a large skillet and sauté chopped vegetables until heated through. Add broth and lower heat, stirring often. When cauliflower starts to soften add tomato and spices and cover over low heat until it reaches the texture of Spanish rice. Adjust seasoning and broth to taste and texture.

Cherry Tomato Salad with Green Onions and Cilantro

(Detox, FS, RR, SS, CC, 21)

Serves 6

- 4 cups cherry tomatoes
- 6 scallions
- 2 tsp chili powder
- 2 tsp dried oregano
- ½ tsp crushed garlic
- ⅛ tsp salt
- 2 TBSP freshly squeezed lime juice
- 2 TBSP apple cider vinegar
- ¼ cup fresh Chinese parsley leaves

Cut tomatoes in half. Mince scallions, discarding the root tips and some of the green portion. Add them to the tomatoes, along with the chili powder, oregano, garlic, salt and pepper. Drizzle with lime juice and vinegar. Add lettuce and Chinese parsley and toss to combine.

Chicken and Vegetable Frittata

(RR, SS, CC)

Serves 4

- 1 tsp unsalted butter
- ¼ cup sliced mushrooms
- ¼ cup chopped red capsicum
- 2 TBSP parmesan cheese
- 2 TBSP low-fat cheddar cheese
- 350 gram chicken breast, cubed
- 3 eggs

Grill chicken. Beat eggs in a bowl and add chicken and parmesan cheese. Melt butter in a skillet over medium-high heat and add vegetables; cook until slightly tender (about 5 minutes). Reduce heat and add egg mixture. Cover and cook without stirring for 3-5 minutes or until egg is set. Sprinkle cheddar cheese over egg mixture and cover for 1 minutes to melt cheese.

Chinese Steamed Bass with Cabbage

(Detox, FS, RR, SS, CC, 21)

Serves 2

- 2 striped bass filets
- 1 hot chili pepper, chopped
- 1 tsp grated fresh ginger
- ½ head cabbage
- 2 garlic cloves, minced
- 2 TBSP low-sodium soy sauce
- 2 tsp sunflower oil

Sprinkle fish with chili pepper, ginger and salt. Steam cabbage for 5 minutes. Lay fish on top of the cabbage and steam for 5 more minutes, until cooked thoroughly. While steaming, heat the oils in a small sauce pan and add garlic, cooking until slightly browned. Plate the cabbage and fish. Sprinkle soy sauce, and then pour over the garlic and oil.

Cool and Creamy Lime Chicken

(RR, SS, CC)

Serves 4

- 1 TBSP dry ranch dressing mix
- 2 raw limes
- 2 TBSP fat-free sour cream
- 4 chicken breasts

Squeeze juice of 1 lime into a nonstick skillet over medium-high heat. Add chicken and cook. While chicken is cooking, mix together the juice of the other lime, sour cream and ranch dressing mix. Once the chicken is fully cooked, remove from skillet and spoon 2 TBSP of the lime mixture over each breast.

Creamy Banana Bread

(RR, SS, CC)

Serves 20

2 ¼ cup pecans
2 ¼ cup almond flour
½ tsp baking soda
1 cup mashed banana
1 cup low-fat cream cheese
1 ½ tsp baking powder
2 tsp cinnamon
2 TBSP brown sugar
1 cup sugar
1 tsp vanilla extract
2 eggs
½ cup unsalted butter

Preheat oven to 350 degrees. Cream the butter and cheese together. Gradually add the sugar and continue beating until light and fluffy. Add 1 egg at a time, beating well after each addition. Stir in the bananas and vanilla extract. Add flour, baking powder and baking soda; mix until batter is just moist. In a small bowl, mix pecans, brown sugar and cinnamon. Divide half of the mixture into 2 greased and floured 8x4 loaf pans. Sprinkle pecan mixture over the batter. Top with remaining batter. Bake for 45-50 minutes or until inserted toothpick comes out clean.

Creamy Carrot Soup

(Detox, FS, RR, SS, CC, 21)

Serves 6

1 cup celery, chopped
Salt and pepper
1 cup vegetable stock
3 TBSP olive oil
1 ½ tsp parsley
1 cup chopped onions
3 cups carrots, chopped

Put oil in a large deep saucepan over medium heat. When oil is hot, add vegetables. Sprinkle with salt and pepper and stir occasionally, about 15 minutes or until carrots are softened. Add stock and cook until vegetables are very tender, about 15-20 minutes. Cool the mixture and blend until pureed and smooth. Reheat if serving warm. If serving cold, refrigerate for 2 hours.

Creamy Quinoa Pudding

(RR, SS, CC)

Serves 6

1 tsp vanilla extract
2 TBSP honey
1 pomegranate, seeds scraped out
¾ cup quinoa
2 cups soy milk
2 bananas
2 TBSP Splenda

Bring quinoa with 1 ½ cups water to a boil over high heat. Cover and simmer for 15 minutes, or until quinoa is tender and water is absorbed. Blend together milk, bananas, Splenda and salt until smooth. Pour into saucepan with quinoa. Place the pan over medium heat and cook until mixture becomes thick and creamy, 5-10 minutes. Stir in the honey, pomegranate and vanilla.

Dea-Seau Chicken Thai Basil

(FS, RR, SS, CC, 21)

Serves 1

1 TBSP extra virgin olive oil
1 chicken breast
2 TBSP water
1 TBSP basil
⅓ tsp fish sauce
1 TBSP dehydrated red curry sauce/paste

Lightly oil skillet. Heat chicken through and shred. Heat red curry paste in oil until softened. Toss chicken into curry paste. Add fish sauce and add 1-2 TBSP water to keep moist. Garnish with basil.

Egg Salad

(RR, SS, CC)

Serves 1

1 tsp yellow mustard
Dash black pepper
½ cup cottage cheese
2 large hard-boiled eggs, chopped
⅓ chopped celery

Mix all ingredients together and serve.

Eggnog Pudding

(RR, SS, CC)

Serves 6

2 TBSP rum extract
⅓ tsp nutmeg
1 TBSP low-fat milk
1 ¼ package vanilla instant pudding mix, sugar free without aspartame

In a medium bowl, stir together cold milk, nutmeg and extract. Add the pudding mix and beat for 2 minutes. Pour into serving dishes and garnish with additional nutmeg, if desired, and chill until set.

Eggplant Mixed Grill

(Detox, FS, RR, SS, CC, 21)

Serves 4

1 eggplant
¾ cup mushrooms
1 capsicum
2 TBSP olive oil
2 TBSP parsley
6 tsp oregano
2 TBSP basil
1 TBSP balsamic vinegar
1 TBSP salt
½ tsp pepper
6 cloves garlic, minced
1 red onion, cut into wedges
Asparagus (10 spears)

In a large resealable plastic bag, mix the oil, parsley, oregano, basil, vinegar, salt and pepper and garlic. Place the onion, asparagus, mushrooms, eggplant and capsicums in the bag to marinate for 2 hours in the refrigerator, stirring occasionally. Preheat grill for high heat and lightly oil the grill before grilling the vegetables for 6 minutes on each side, or until tender.

Eggplant Spinach Sauté

(Detox, FS, RR, SS, CC, 21)

Serves 6

1 eggplant, cut into 1" cubes
2 large carrots, cut into 1" pieces
1 cup cauliflower
1 bunch spinach
1 tsp olive oil
1 onion, diced
Salt and pepper

Preheat saucepan and add oil. Wash spinach. Add onions, eggplant, carrots, salt and pepper and sauté for 5-7 minutes. Add cauliflower and sauté for another 5 minutes, adding spinach just before finishing. Cover; let simmer for 3 more minutes.

Garden Vegetable Soup

(Detox FS, RR, SS, CC, 21)

Serves 2

½ cup zucchini
2 garlic cloves, sliced
½ tsp salt
⅔ cup carrots, strips
½ cup onions, chopped
1 ½ cup cabbage, chopped
1 TBSP no-added-salt tomato paste
½ cup green beans
1 tsp basil
½ tsp oregano
4 cups vegetable broth

In a large saucepan sprayed with cooking spray, sauté carrots, onion, and garlic over low heat, about 6 minutes. Add broth, cabbage, green beans, tomato paste, basil, oregano and salt. Bring to a boil. Lower heat and simmer, covered for 15 minutes. Stir in zucchini and heat 3-4 minutes.

Grain-Free Protein Pancakes

(FS, RR, SS, CC, 21)

Serves 1

2 scoops TLS Nutrition Shake – Vanilla
½ cup unsweetened apple sauce
2 eggs
Cinnamon and nutmeg to taste
Coconut oil

Mix all ingredients together, except coconut oil. Add coconut oil to a pan and when melted, spoon mixture into pan to form pancakes. Cook on medium-high heat until browned and flip.

Green Beans with Almonds

(RR, SS, CC)

Serves 7

900 grams green beans
¼ cup sliced almonds

Green Pea and Bacon Soup

(RR, SS, CC)

Serves 4

¼ TBSP pepper
2 TBSP parsley
2 cloves garlic
2 TBSP mint
2 TBSP olive oil
4 cups low-sodium chicken broth
2 slices bacon (may use turkey bacon)
1 onion, chopped
¾ cup boiled peas, frozen

Heat oil in a skillet over medium-high heat and add garlic and onion and cook for 5 minutes. Add chicken broth, peas, mint and parsley. Bring to a boil, and then reduce to a simmer for 8 minutes. Remove from heat, allow to cool and then puree in a blender or food processor. Put bacon under a broiler and cook until crispy. Serve and garnish with the crispy bacon.

Grilled Jerk Chicken with Red Capsicum and Zucchini

(RR, SS, CC)

Serves 4

4 chicken thighs, boneless
1 red capsicum, quartered
3 TBSP olive oil
½ onion, finely chopped
1 ½ TBSP sugar
½ TBSP thyme
¾ tsp ground black pepper
½ tsp cinnamon
½ tsp crushed red chili
1 tsp oregano
1 zucchini, quartered
1 ½ TBSP basil

Spray grill with cooking spray. Mix basil, oregano and half the oil in a food processor. Brush on the zucchini. In a bowl, combine the rest of the ingredients and rest of the oil with the chicken. Grill chicken with capsicum and zucchini for about 10 minutes, turning once.

Grilled Marinated Sirloin with Salsa

(RR, SS, CC)

Serves 4

1 cup fresh salsa
2 oz. lime juice
¼ cup water
2 TBSP vegetable oil
1 tsp cumin
1 ½ lb sirloin, fat trimmed

Combine salsa, lime juice, water, oil and cumin in a baking dish. Add steak and coat with the marinade. Cover with aluminum foil and let marinate for 6 hours or overnight. Preheat grill to medium-high and grill for 10 minutes.

Grilled Salmon with Spinach and Tomato Stack

(Detox, FS, RR, SS, CC, 21)

Serves 1

1 TBSP balsamic vinegar
2 TBSP basil, divided
1 tsp extra virgin olive oil
1 salmon fillet
1 cup spinach
1 tomato, sliced

Brush a skillet with the oil and heat until sizzling hot. Add salmon, skin side down. Add tomato and sprinkle with half of the basil. Cook 3-4 minutes. Turn over salmon and the tomato and cook for 2-3 minutes until the salmon is cooked through, but still tender. Put the spinach leaves on a serving plate, top with the tomato slices and then the salmon. Drizzle a few drops of olive oil and some balsamic vinegar, and then sprinkle with remaining basil.

Grilled Tuna with Salsa

(Detox, FS, RR, SS, CC, 21)

Serves 1

30 grams raw tuna
1 cup snow peas
2 TBSP fresh salsa
1 tsp olive oil

Lightly brush a grill pan, grill rack, or broiler pan with oil. Grill tuna on the pan over medium heat coals (can also be broiled), turning after 4-6 minutes. Tuna should maintain a little pink in the centre, but will flake easily around edges. Top with fresh salsa and serve with 1 cup of snow peas.

Grilled Vegetables

(Detox, FS, RR, SS, CC, 21)

(Servings based on amount of vegetables)

Vegetables of your choice
Extra virgin olive oil
Dash salt and pepper

Preheat grill for high heat. Lightly coat vegetables with oil and season with salt and pepper. Grill over high heat until desired tenderness is reached.

Jamaican Nut Baked Apple

(RR, SS, CC)

Serves 4

4 apples
4 plums, diced
4 peaches, diced
4 tsp salt
4 tsp peanuts
4 tsp almonds
1/8 cup pecans
1/2 cup rum extract
1 TBSP cinnamon

Core all apples. Using a knife cut a skin deep horizontal line around the outside of the apples to allow room for the inside of the apple to expand. Place the apples in an oven-safe dish and stuff them with fruits and nuts. Pour 2 TBSP rum extract over each apple, and then sprinkle generously with cinnamon. Cook at 380 degrees for 45 minutes or until apples are soft.

Lemon-Caper Chicken

(RR, SS, CC)

Serves 4

1 TBSP lemon juice
2 TBSP capers
1 TBSP olive oil
1/8 tsp pepper
2 TBSP butter
2/3 cup vegetable broth
2 chicken breast filets

Season chicken with salt and pepper. Heat oil in a large nonstick skillet over medium-high heat. Add chicken; cook for 5 minutes or until underside is browned. Turn; cook other side for 5 minutes. Remove from pan and keep warm. Add broth and lemon juice to the pan; boil for 5 minutes, until syrupy. Remove from heat and mix in the capers and butter; spoon over chicken.

Meatballs and Zucchini Spaghetti

(RR, SS, CC)

Serves 4

4-6 oz. no-added-salt tomato paste (or low-sugar pasta sauce)
1/4 chopped onions
3 zucchini, spiralised
2 lbs 95% lean ground beef
1/8 TBSP paprika
3 cloves garlic, crushed

Mix beef with onion, garlic, paprika, salt and pepper and make into 12 balls. Place meatballs under preheated broiler for 7 minutes, turning occasionally until browned and cooked through. Meanwhile, spiralise zucchini and cook in 1 TBSP olive oil on medium heat for about 5-10 minutes or until softened. Add meatballs to zucchini pasta and add tomato sauce.

Mushroom and Spinach Egg Bake

(FS, RR, SS, CC)

Serves 6

4 cups liquid egg whites
1 cup mushrooms
3 cups spinach
Salt and pepper to taste

Mix all ingredients in a glass baking dish sprayed with cooking spray. Cook 45 minutes at 350 degrees. Makes 6 servings. Can refrigerate and re-heat in the microwave.

Mushroom Spread

(RR, SS, CC)

Serves 8

1/8 cup fat-free cream cheese
1/2 TBSP shallots
1/2 TBSP black pepper
2 cups parsley
2 oz. dry sherry
2 TBSP olive oil
Zucchini, sliced 1" lengthwise
3 1/2 cup white mushrooms, finely minced

Heat oil in skillet with shallots until tender. Add mushrooms and keep cooking until liquid is removed. Place half of mushroom mixture with cream cheese and sherry in a food processor. Process until smooth, then combine with other half of the mushroom mix along with parsley, salt and pepper. Serve on raw zucchini slices.

Capsicum Steak

(RR, SS, CC)

Serves 1

- ½ each yellow and red capsicum
- ½ cup chopped onion
- 1 TBSP reduced-sodium soy sauce
- 5 oz. lean porterhouse beef, cut into strips

Marinate beef strips in soy sauce for 30 minutes. Heat 1 TBSP of olive in pan. Place beef strips in pan and cook until pink is gone. Add onion, capsicums and cook for until tender and serve.

Salmon and Herb Spaghetti

(Detox, FS, RR, SS, CC, 21)

Serves 2

- 3 zucchini
- ⅓ cup olive oil
- 7 grape tomatoes
- 3 garlic cloves, minced
- ⅓ cup white wine
- 2 salmon filets
- 1 TBSP basil
- 2 TBSP olive oil
- 1½ TBSP oregano

Spiralise zucchini and cook in 2 TBSP olive oil. Set aside. Cook garlic and tomatoes for 1 minute. Raise heat to high and add wine, salmon, basil and oregano and cook until salmon is opaque (4-5 minutes). Toss tomatoes with zucchini pasta.

Sautéed Chicken with Zucchini, Tomatoes and Pine Nuts

(RR, SS, CC)

Serves 1

- Dash black pepper and salt
- 1 TBSP balsamic vinegar
- 1 TBSP water
- 1 TBSP olive oil
- 1 tomato, sliced
- 1 TBSP pine nuts
- 1 chicken breast
- 1 cup zucchini, sliced
- 1 tsp reduced-sodium soy sauce

Sauté chicken breast in 1 tsp oil in a skillet. When partially cooked, add soy sauce and water and cook until done. Arrange zucchini and tomato slices on a plate. Sprinkle with vinegar and 1 tsp oil. Top with chicken. Sprinkle with pine nuts and salt and pepper to taste.

Sonoma Chicken

(Detox, FS, RR, SS, CC, 21)

Serves 4

- 1½ cup mushrooms
- ¼ tsp pepper
- 4 TBSP olive oil
- 2 garlic cloves, minced
- 1 tsp rosemary
- 1 onion, sliced
- 4 chicken breasts
- ½ cup tomatoes
- ¼ cup chicken broth

Cut chicken into slices and pound until less than ½ thickness. Sprinkle both pieces with some of the rosemary, garlic powder, salt and pepper and set aside. Coat a skillet with oil over medium-high heat. Add chicken and cook 2–3 minutes on each side or until no pink inside. Set aside and keep warm. Add onions, mushrooms and 2 TBSP broth to skillet. Cover and cook for a few minutes. Add more broth if skillet becomes too dry. Add remaining broth and tomatoes and bring to a boil. Reduce heat to medium-low, cover and cook for 3 minutes. Raise heat to high and cook uncovered, stirring frequently for 3 minutes until about ¼ of liquid remains. Sprinkle parsley over and serve.

Spiced Pork Loin

(RR, SS, CC)

Serves 6

- 1 cup chicken broth
- 1 tomato, diced
- 2 pieces pork tenderloin (yield from 1 pound with refuse)
- 6 garlic cloves
- 1 tsp ginger
- 1 TBSP black peppercorns
- 1 TBSP mustard
- 3 TBSP oil and vinegar mixture
- 2 cups white onion, chopped
- ½ oz. cinnamon
- ½ TBSP coriander
- ½ TBSP cardamom
- 1 TBSP red pepper
- 1 TBSP cumin

Heat ground red pepper, cumin, mustard, coriander, cardamom, cinnamon and black peppercorns in a skillet for 3 minutes. Put spices in food processor and add onions, ginger, garlic and vinegar and process until blended. Combine pork pieces and spices, making sure pork is covered. Refrigerate for 30 minutes. Heat a saucepan with cooking spray over medium heat. Add pork mixture and cook until browned (may do separately so you don't overcook the pork). Add broth to pan after removing pork and scrape to loosen up residue. Add pork back in and stir in salt and tomatoes. Bring to a boil and cook until pork is tender.

Spicy Avocado Yogurt Dip

(RR, SS, CC)

Serves 8

- ¾ cup plain Greek yogurt
- ½ TBSP salt
- 1 TBSP cumin
- 2 TBSP red onions
- 2 TBSP lime juice
- 1 cup diced jalapeno pepper
- 3 avocados, diced
- 1 garlic clove, chopped
- 3 TBSP parsley

Combine all ingredients in a bowl and serve.

Spicy Edamame-Parsley Dip

(RR, SS, CC)

Serves 12

¼ TBSP black pepper
1 cup low-fat sour cream
1 cup parsley leaves
1 red capsicum, chopped
3 TBSP light mayonnaise
3 scallions
¼ cup lime juice
2 cup edamame, shelled
1 TBSP olive oil
3 TBSP red wine vinegar

Combine all liquid ingredients in a food processor. Puree until smooth. Add remaining vegetable ingredients and pulse enough to leave chunky texture.

Sugar Free and Gluten Free Almond Cookies

(SS, CC)

Serves 15

½ TBSP butter
¼ tsp cream of tartar
¼ tsp baking soda
1 egg
½ tsp vanilla extract
1 ½ cup flaxseed meal
1 ½ cup almond meal
Cinnamon to taste
1 ½ packets Splenda

In a bowl, beat butter with an electric mixer for 30 seconds. Add half the almond meal, Splenda, flaxseed meal, egg, vanilla, baking powder and cream of tartar and blend well. Beat in rest of almond meal. Preheat oven to 350 degrees. Combine 2 tsp Splenda and 2 tsp ground cinnamon on a plate. Use a tablespoon to scoop out dough, roll it into a small ball in Splenda/cinnamon mixture. Place 2" apart on a cook sheet. Bake 15-20 minutes. Cookies will get firm as they cool.

Teriyaki Salmon

(FS, RR, SS, CC, 21)

Serves 1

¼ tsp lemon juice
¼ TBSP teriyaki sauce
¼ tsp soy sauce
¼ garlic cloves
1 salmon filet

Mix all ingredients in a bowl and marinate salmon filet for 45 minutes. Place fish in a shallow bowl created out of double thick aluminum foil and pour marinade over fish.

Thai Chicken Stir Fry

(Detox, FS, RR, SS, CC, 21)

Serves 6

1 cup cauliflower
2 cups broccoli
2 garlic cloves, minced
½ tsp ginger
1 cup carrot slices
½ TBSP ground cardamom
½ tsp chili powder
1 oz. curry powder
2 TBSP olive oil
4 chicken breasts
1 TBSP soy sauce

Over medium-high heat, stir oil, soy sauce and garlic powder in a skillet. Add half the chicken (chopped in cubes), and cook for 3 minutes. Remove and repeat with remaining chicken. Return all chicken to pan and all other ingredients. Bring to a boil and cover. Cook 3-5 minutes.

Tomato and Garlic Green Beans

(Detox, FS, RR, SS, CC, 21)

Serves 4

4 garlic cloves
½ cup chopped onion
3 cups green beans
4 tsp olive oil
½ tsp salt
3 TBSP tomato paste
1 cup cherry tomatoes

Rinse and drain green beans. Fry onion and add to green beans, garlic and salt. Stir and cook 5 minutes on medium-high heat or until onion is slightly brown. Add tomato paste and tomatoes and stir. Add enough water just to cover the beans. Cover the pan, keep cooking for 30 minutes. At this stage, 25% of the water or liquid should remain. Taste the beans to decide how much liquid to leave.

Tomatoes with Shallots and Fresh Basil

(Detox, FS, RR, SS, CC, 21)

Serves 4

½ TBSP olive oil
½ TBSP red wine vinegar
1 shallot, minced
4 tomatoes
¼ tsp salt
Pepper to taste
5 fresh basil leaves, torn

Slice the tomatoes ¼ inch thick and fan the slices out onto a platter. Sprinkle evenly with salt and pepper. Drizzle the olive oil and vinegar over them, top with basil and shallots and serve.

Tomato-Mushroom Omelet

(RR, SS, CC)

Serves 1

2 eggs
¼ cup cheese
1 tomato, plum tomato
1 large mushroom cap, diced

Whisk eggs in a bowl and stir in cheese. Pour mixture into small frying pan that has been lightly sprayed with cooking spray. Evenly spread tomato and mushroom pieces over the top. Cook over low-medium heat for 10-15 minutes until eggs have set.

Tuna Salad

(RR, SS, CC)

Serves 1

¾ cup tuna fish in water
1 inner lettuce leaf
½ cup chopped red capsicum
1 TBSP fat-free mayonnaise
Salt and lemon pepper to taste

Combine all ingredients and serve on a lettuce leaf.

Vegan Vegetable Curry

(RR, SS, CC)

Serves 6

2 TBSP curry powder
1 cup zucchini, chopped
1 cup onion, chopped
5 cups cauliflower, chopped
2 cups green beans
1 cup lady fingers, sliced
1½ cup yams
1½ cup low-sugar tomato sauce
6 cups low-fat coconut milk

Combine coconut milk, tomato sauce and curry powder in saucepan. Bring mixture to a boil, then reduce to a slow simmer. Add the vegetables and cook 30-45 minutes or until all vegetables are tender.

Wasabi-Ginger Tuna Steak

(RR, SS, CC)

Serves 4

2 cups wasabi paste
½ tsp ground ginger
1 cup marmalade, ginger flavour
2 TBSP soy sauce
4 tuna filets

Spoon 1 TBSP of soy sauce over tuna filets and let them sit for 5 minutes (or longer). Combine remaining TBSP of soy sauce, ginger marmalade, ground ginger and wasabi paste in a bowl and whisk. Heat a grill pan and spray with cooking spray. Add fish and cook for 2 minutes on each side. Spoon marmalade over the fish. Cook 1 minute more for medium rare or until desired level.

Wilted Arugula and Portabella Mushrooms

(Detox, FS, RR, SS, CC, 21)

Serves 2

1 TBSP olive oil
½ small onion, chopped
2 cloves minced garlic
⅓ tsp crushed red pepper flakes
1 cap portabella mushroom, chopped
¼ cup vegetable broth
4 cups salad rocket leaves
⅓ tsp black pepper
¼ cup dry sherry

Heat oil in skillet over medium heat. Add onion and garlic and cook for 5 minutes. Stir in red pepper flakes and mushrooms and cook until mushrooms are coated with oil and begin to soften. Pour in sherry and broth. Simmer until liquid is reduced by half. Add salad rocket leaves and cook until wilted. Season with black pepper and serve immediately.

Zucchini and Blue Cheese

(RR, SS, CC)

Serves 4

2 TBSP olive oil
2 zucchini, halved
1 garlic clove
1 tomato, diced
¼ cup crumbled blue cheese

Heat the oil in a skillet over medium-high heat. Place the zucchini and garlic in a skillet and cover. Cook until zucchini is tender, about 5 minutes. Stir in tomatoes, heat until warmed through. Remove from heat and sprinkle cheese. Cover and allow cheese to soften before serving.

Zucchini Bread

(RR, SS, CC)

Serves 8

2 cups of gluten-free flour
1 tsp garlic, chopped
1 TBSP baking powder
½ cup crushed pineapple
1 tsp vanilla extract
3 TBSP vegetable oil
1 egg
2 cups grated or finely diced zucchini
½ tsp nutmeg
½ tsp cinnamon
½ tsp baking soda
½ tsp allspice

Preheat oven to 350 degrees and coat a 9x5 pan with cooking spray. In a large bowl, combine flour, baking powder, baking soda, salt, allspice, cinnamon, nutmeg and garlic cloves. In another bowl, beat the egg, and then add zucchini, pineapple, oil and vanilla and stir to combine. Add the flour mixture. Pour into the pan and bake 50-60 minutes or until a toothpick comes out clean. Cool completely before cutting.

Zucchini Hash Browns

(Detox, FS, RR, SS, CC, 21)

Serves 2

2 eggs
1 tsp garlic powder
1 tsp onion powder
1 dash pepper
2 tsp olive oil
1 cup shredded zucchini

Heat oil in skillet. Mix all ingredients together in a bowl and drop, by spoonfuls, into the hot skillet. After browning on one side, spray with cooking spray and flip; brown the other side.